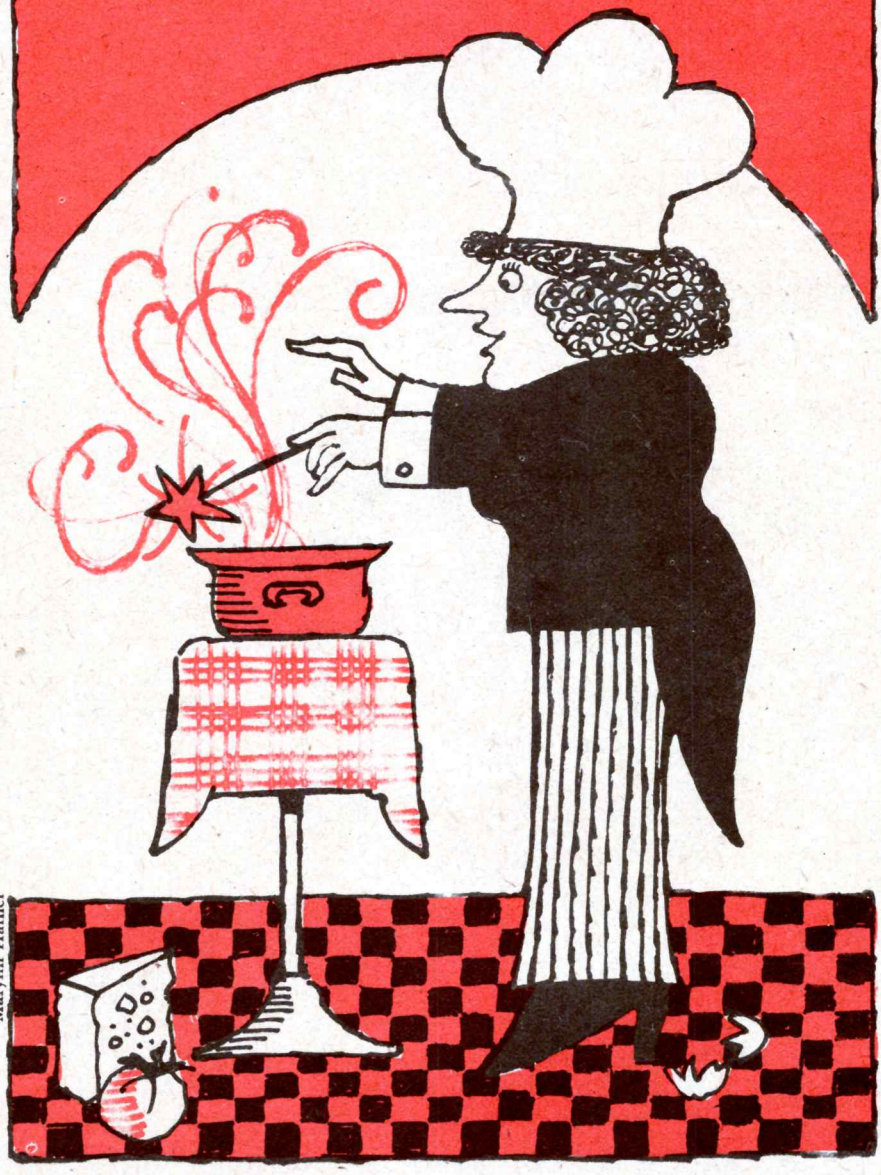
LEFTOVER MAGIC



Marylin Hafner

The Collector's Cookbook®

A clever cook's wand can turn leftovers into memorable meals. Our cooks have waved their wands for you and filled this cookbook with wonderful ways to use leftover meats, fish and poultry.

WOMAN'S DAY KITCHEN #273

BEEF

QUICK SAUERBRATEN

1 can (10-3/4 ounces) beef gravy, undiluted, or 1 cup leftover homemade gravy
1 cup water
1/2 cup cider vinegar
1/3 cup finely crushed gingersnaps (about 6)
3 tablespoons sugar
10 whole cloves
8 thin slices beef pot roast
Mashed potatoes

In large skillet combine gravy, water, vinegar, gingersnaps, sugar and cloves. Bring to boil, stirring. Simmer and stir about 5 minutes or until thickened and smooth. Add beef. Cook until meat is hot, basting with sauce. Serve with potatoes. If desired, garnish with parsley. Makes 4 servings.

PEPPER STEAK

1 medium clove garlic, crushed
3 tablespoons oil
2 large green peppers, sliced thin
1 large onion, halved, then sliced thin lengthwise
1 cup beef broth or bouillon
6 tablespoons soy sauce
1 tablespoon cornstarch
1-1/2 teaspoons ginger
1/2 teaspoon sugar
1-1/2 cups julienne-cut cooked pot roast or roast beef

In large skillet sauté garlic in oil until golden. Add green peppers and onion; cook and stir 3 minutes. Mix well bouillon, soy sauce, cornstarch, ginger and sugar; add with pot roast. Simmer, stirring gently, until sauce thickens and meat is hot. If desired, serve over rice with chow-mein noodles. Makes 4 servings.

STIR-FRIED BEEF AND GREENS

3 medium green onions with tops, sliced
1 large clove garlic, crushed
2 tablespoons oil
4 cups packed, coarsely shredded spinach, romaine or escarole (about 1/4 pound)
2 cups thin strips cooked steak, roast beef or pot roast (about 8 ounces)
2 tablespoons soy sauce
1 tablespoon sherry
1/4 teaspoon ground ginger

In skillet or wok stir-fry onions and garlic in hot oil 1 minute. Add spinach, beef, soy sauce, sherry and ginger. Stir-fry until spinach wilts, about 2 minutes. Good over rice. Makes 4 servings.

GREEN-BEAN AND BEEF SALAD IN MUSTARD DRESSING

1 tablespoon prepared mustard
2 tablespoons vinegar
1/4 cup oil
Basil
Salt
Pepper
1 can (15 to 16 ounces) whole or cut green beans, well drained
1 small onion, sliced thin
1-1/2 cups julienne-cut cooked steak or roast beef (8 ounces)
Greens
Sliced tomatoes

In bowl beat mustard, vinegar, oil, 1/2 teaspoon each basil and salt and 1/4 teaspoon pepper until blended. Toss in beans, onion and beef; marinate at room temperature at least 30 minutes. Serve on greens with tomatoes seasoned with basil, salt and pepper to taste. Makes 4 servings.

Saucy Second-Time-Arounds

Sauces and marinades transform leftovers into something special.

MIX-AND-SERVE SAUCES

Serve chilled over hot or cold cooked sliced or cut-up meat, poultry or fish. Each recipe makes enough for 4 to 6 servings.

MUSTARD-ONION SAUCE Mix well 1 cup sour cream and 1 tablespoon each prepared mustard, instant minced onion and steak sauce.

HORSERADISH SAUCE Fold together 1/4 cup heavy cream, whipped, 1/2 cup mayonnaise and 2 tablespoons well-drained white horseradish.

TOMATO-CUCUMBER SAUCE Mix well 3/4 cup mayonnaise, 1/2 cup each drained diced tomato and cucumber, 1 teaspoon minced onion and dash of salt.

MARINADES

Pour marinade over cooked sliced or cut-up meat, poultry or fish. Cover and chill 3 to 4 hours or overnight, turning occasionally.

SOY MARINADE Mix well 1/4 cup each soy sauce and water, 2 medium cloves garlic, crushed, and 1 teaspoon lemon juice (optional).

TARRAGON MARINADE Mix well 1/4 cup oil (preferably olive), 2 tablespoons each dry vermouth (or white-wine vinegar) and parsley, and 1 teaspoon dried tarragon.

WINE MARINADE Mix well 1/2 cup each salad oil and dry red wine, 3/4 teaspoon dry mustard, 1 bay leaf and 1/8 teaspoon pepper.

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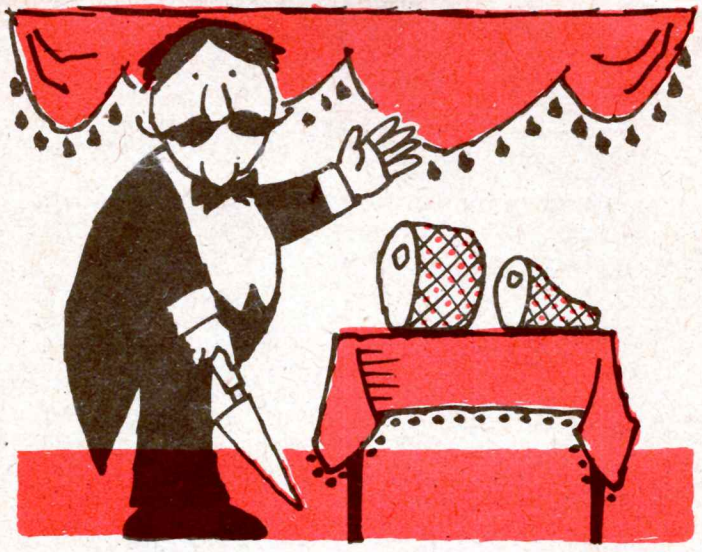


BEEF POT PIE

Pastry for 1-crust 8-inch pie (mix or homemade)
1 medium onion, minced (1/2 cup)
1 to 2 tablespoons butter or margarine
3 cups finely diced beef pot roast
2-1/2 cups beef gravy (leftover, canned or from mix)
1 cup cooked drained vegetables (carrots, celery, green or lima beans)
2 teaspoons Worcestershire
Salt and fresh-ground pepper to taste
1 to 2 tablespoons minced parsley (optional)

Roll out pastry on lightly floured surface to 8-1/2-inch circle. Slit in several places; set aside. In large skillet sauté onion in butter until tender, stirring occasionally. Stir in pot roast, gravy, vegetables, Worcestershire, salt and pepper. Sprinkle with parsley. Turn into greased deep round 1-1/2-quart casserole. Top with pastry, pressing dough against inside rim of dish to seal. Bake in preheated 400° oven 35 minutes or until crust is lightly browned and filling bubbly. Makes 4 servings. **NOTE** For glazed crust brush pastry lightly with mixture of beaten egg and milk.

BEEF AND MUSHROOMS VINAIGRETTE

1/2 to 3/4 pound mushrooms, sliced
5 tablespoons oil, preferably olive, divided
2 tablespoons lemon juice
3 tablespoons dry red wine
2 tablespoons wine vinegar
1/4 teaspoon each basil and marjoram
Salt and pepper to taste
About 1-1/2 cups julienne-cut cooked roast beef or steak (3/4 pound)
1 tomato, cut in wedges
Greens

In skillet sauté mushrooms in 2 tablespoons oil and the lemon juice until barely tender; cool. In large bowl mix well remaining 3 tablespoons oil, the wine, vinegar and seasonings. Stir in meat and mushrooms with pan juices. Chill 3 hours, stirring occasionally. Serve with tomato wedges on bed of greens. Makes 4 servings.

Quick Tricks with Leftovers

Most of these work well with meat, poultry or fish.

- **Arrange cold-meat platter with raw and/or cooked vegetables, and rice, macaroni or potato salad on a bed of greens with your favorite dressing.**
- **Add cubes to a white sauce seasoned with sherry and blended with mixed vegetables. Serve over biscuits, puff pastry or toast.**
- **Use in chow mein to serve over hot cooked rice.**
- **Combine with creamed vegetables in a casserole. Top with buttered bread crumbs, refrigerated biscuits or piecrust.**
- **Dice, then panfry with chopped onion, diced potatoes and seasonings for hash.**
- **Make turnovers—enclose diced meat or poultry and chopped mixed vegetables moistened with gravy in piecrust or refrigerated crescent-roll dough.**

CHILI

3 tablespoons oil
1-1/2 cups diced cooked steak, roast beef or pot roast
1 medium onion, chopped (1/2 cup)
1 large rib celery, chopped (1/2 cup)
1 medium clove garlic, crushed
1 can (16 ounces) kidney beans, undrained
1 can (15 ounces) tomato sauce
2 teaspoons chili powder, or to taste
1/2 teaspoon salt

In hot oil in large skillet cook and stir beef, onion, celery and garlic until vegetables are tender and lightly browned, about 15 minutes. Add beans, sauce, chili powder and salt. Cover and simmer 30 minutes longer, stirring occasionally. Makes 4 servings.

BEEF-VEGETABLE STEW

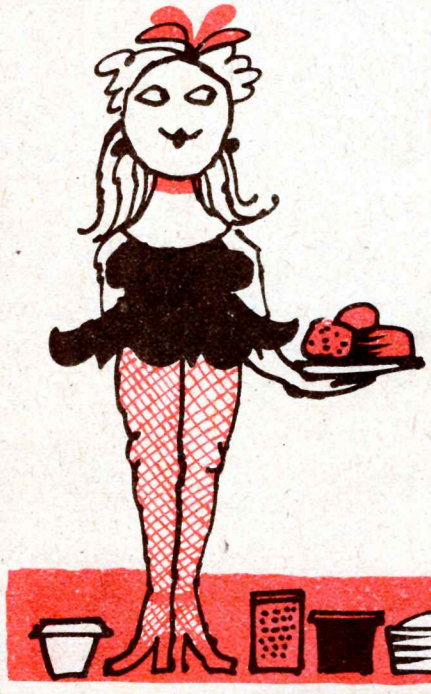
4 ribs celery, sliced
2 medium onions, quartered
2 tablespoons oil
1 can (16 ounces) stewed tomatoes
1 package (10 ounces) frozen peas or 1-1/2 cups fresh shelled (about 1-1/2 pounds)
1 package (10 ounces) frozen green beans or 1-1/2 cups fresh, ends trimmed (about 1/2 pound)
4 medium carrots, cut in 1/2-inch chunks
1/2 cup broth or water
1 teaspoon salt
1/4 teaspoon pepper
1-1/2 cups cubed boneless cooked lamb, roast beef or pot roast

In large saucepan sauté celery and onions in oil until crisp-tender. Stir in remaining ingredients; bring to boil. Reduce heat, cover and simmer 10 to 15 minutes or until carrots are tender. If desired, serve with hot crusty garlic bread. Makes 4 servings.

Using the Odd Bit

Even scraps of meat, poultry and fish can add a tasty touch.

- **Combine for chef's salads, sandwiches, omelets, filling for stuffed peppers or meat pies.**
- **Dice and use as garnish for salads, soups and vegetables.**
- **Grind together, add eggs, bread crumbs and seasonings and bake as loaf; moisten with mayonnaise for sandwich spread; or combine with thick white sauce for croquettes.**
- **Add to sour cream or plain yogurt as flavoring for dip.**
- **Chop and add to dumplings, pancakes, waffles and muffins for extra protein.**
- **Add to spaghetti sauce or soups.**



EASY CHICKEN CREOLE

1 large onion, chopped (1 cup)
3/4 cup diced or chopped frozen or fresh green pepper (1 medium)
1 large clove garlic, crushed
3 tablespoons oil
2 tablespoons flour
1 can (6 ounces) tomato paste
3 tomato-paste cans (2-1/4 cups) chicken broth
1/2 teaspoon salt
1/4 teaspoon sugar
1/4 teaspoon hot-pepper sauce
2 cups cubed cooked chicken
Fresh-ground pepper to taste
Hot cooked rice

In large skillet sauté onion, green pepper and garlic in oil until tender, stirring occasionally. Add flour; cook and stir just until flour starts to brown. Stir in tomato paste, broth, salt, sugar and pepper sauce. Cook and stir until mixture comes to boil and thickens. Simmer uncovered 5 minutes, stirring occasionally. Stir in chicken and season with fresh-ground pepper. Heat until hot. Serve over rice. If desired, garnish with parsley. Makes 4 servings.

PLUM-GLAZED CHICKEN ON ORANGE RICE

1 large orange
1/2 cup plum preserves
2 tablespoons light corn syrup
4 to 6 cooked chicken pieces
3 cups cooked rice

Grate peel from orange (about 2 teaspoons); set aside. Squeeze out juice; reserve. In large skillet gently heat preserves, 1/4 cup orange juice and the corn syrup. Add chicken. Cook gently, turning frequently to coat evenly until chicken is heated through and glazed. Meanwhile heat rice with remaining orange juice and the orange peel. Serve chicken over rice with remaining preserve mixture. Serves 4.

BROILED TURKEY SALAD

2 cups diced cooked turkey
1-1/2 cups diced celery (about 4 ribs)
1 tablespoon lemon juice
Salt and pepper to taste
1/2 cup mayonnaise or mayonnaise-type salad dressing
1/4 cup toasted slivered almonds
2 cups finely crushed potato chips (about 5 ounces)
1 cup shredded Cheddar cheese (4 ounces)

Mix well turkey, celery, lemon juice, salt, pepper, mayonnaise and almonds. Chill. About 15 minutes before serving, put in 4 individual broilerproof ramekins or 9-inch broilerproof pie plate. Mix well potato chips and cheese; sprinkle evenly over salad. Broil about 6 inches from heat source until cheese melts (salad will be cold). If desired, serve with greens. Makes 4 servings.

CHICKEN STRATA

1 medium onion, chopped (1/2 cup)
1 tablespoon butter or margarine
8 slices white bread, cut in 1-inch cubes
1-1/2 cups diced cooked chicken or turkey
1 cup shredded Swiss cheese (4 ounces)
3 eggs
2 cups milk
1/2 teaspoon each salt, thyme and marjoram
1/4 teaspoon pepper

In small saucepan sauté onion in butter until tender; set aside. In lightly greased 9x9x2-inch baking dish spread half the bread cubes. Top with chicken, cheese, onion, then remaining bread cubes. Mix well eggs, milk and seasonings. Pour over bread. Bake in preheated 325° oven 40 minutes or until knife inserted about 2 inches from edge comes out clean and top is crusty and brown. Makes 4 to 6 servings.

MULLIGATAWNY SOUP

2 tablespoons butter
1 leek, sliced thin (about 1 cup)
1 medium apple, diced (about 1 cup)
2 tablespoons flour
1/2 to 1 teaspoon curry powder
1 quart chicken stock or bouillon
2 tablespoons rice
1 teaspoon salt
Dash of pepper
1-1/2 cups diced cooked chicken
1/4 cup half-and-half

In hot butter in medium-size saucepan cook leek until tender, about 5 minutes. Add apple; cook until tender, 10 minutes. Stir in flour and curry powder. Slowly add chicken stock, stirring until well blended. Bring to boil, stirring. Add rice, salt and pepper. Cover and simmer until rice is tender, about 15 minutes. Add chicken and half-and-half. Cook 5 minutes longer or until chicken is heated through. Makes about 5 cups.

CHICKEN-RICE PILAF

1 large onion, chopped (1 cup)
1 large carrot, quartered lengthwise, then sliced thin (1 cup)
1 large clove garlic, crushed
3 tablespoons butter or margarine
1 cup rice
1-1/2 to 2 cups diced cooked chicken
1 cup diced drained canned tomatoes
2 cups chicken broth
1 teaspoon salt
1/2 teaspoon thyme
1/4 teaspoon hot-pepper sauce, or to taste

In large skillet sauté onion, carrot and garlic in butter until tender, stirring occasionally. Add rice. Cook and stir until rice is well coated with butter. Stir in remaining ingredients. Bring to boil, cover and simmer 15 minutes or until rice is tender and liquid absorbed. Remove from heat. Let stand covered 5 minutes. Fluff with fork. Makes 4 to 6 servings.

HEARTY DINNER SANDWICHES

8 slices whole-wheat or other bread
Green Sandwich Spread (recipe follows)
4 to 8 thin slices cooked chicken or turkey
4 slices American or Cheddar cheese (about 4 ounces)
1/3 cup milk
2 eggs
2 to 4 tablespoons butter or margarine

Thinly spread bread slices with sandwich spread. Top 4 slices with chicken, then cheese. Top with remaining bread slices; spread side down. In shallow bowl or pan beat milk and eggs until well blended. Dip the sandwiches in egg mixture about 1/2 minute to coat both sides. (Save any remaining egg mixture for French toast.) In skillet brown in butter, turning once. Makes 4 servings.

GREEN SANDWICH SPREAD Mix well 1/3 cup mayonnaise, 2 tablespoons minced chives, 1 tablespoon parsley flakes and 2 teaspoons dry mustard.

PORK

ONIONS WITH HAM AU GRATIN

8 medium onions (about 1-1/2 pounds), peeled and quartered
1/4 teaspoon salt
1 cup water
1 cup minced cooked ham (4 ounces)
1 can (11 ounces) condensed Cheddar-cheese soup, undiluted

Cook onions covered in salted boiling water until crisp-tender, about 10 minutes. Drain well, reserving liquid. Turn onions into greased 4- to 6-cup shallow broilerproof baking dish. Sprinkle with ham. Beat soup with 1/2 soup-can reserved onion liquid until smooth. Pour over onions and ham. If desired, sprinkle top lightly with paprika. Broil about 4 inches from heat source until speckled brown and bubbly, about 6 minutes. Makes 4 servings.

SZEKELY CABBAGE

A Hungarian pork-sauerkraut dish

1 medium onion, chopped (1/2 cup)
2 tablespoons butter or margarine
2 tablespoons tomato paste
1 tablespoon paprika
1/2 teaspoon caraway seed
2 cans (about 16 ounces each) sauerkraut, rinsed, if desired, and drained
8 thin slices cooked boneless pork (about 3/4 pound) or 4 cooked pork chops

In skillet sauté onion in butter until tender, about 5 minutes. Stir in tomato paste, paprika and caraway seed until well blended. Stir in sauerkraut. Top with pork; cover and simmer until sauerkraut and pork are heated through. If desired, garnish with 1/4 cup sour cream. Makes 4 servings.

HAM-APPLE CASSEROLE

2 cups ground cooked ham
1-1/3 cups soft dry bread crumbs
1 egg
1/2 cup milk
2 tablespoons grated onion
1/2 teaspoon dry mustard
2 apples, peeled and sliced in 1/2-inch-thick wedges
1/4 cup packed brown sugar
2 tablespoons butter or margarine

Mix well ham, bread crumbs, egg, milk, onion and mustard. Place in greased 8-inch square baking pan. Arrange apple slices overlapping around edge of pan. Sprinkle with brown sugar; dot with butter. Bake in 375° oven 25 to 30 minutes or until apples are tender. Makes 4 servings.

CHINESE-STYLE SOFT-FRIED NOODLES

3 tablespoons oil
1-1/2 cups leftover cooked noodles or spaghetti
About 2 green onions with tops, cut diagonally in 2-inch slices (1/3 cup)
1 small onion, sliced (about 1/2 cup)
1-1/2 cups 1/2-inch-wide strips cooked ham or other leftover meat
1 package (6 ounces) snow pea pods
Egg Strips (recipe follows)

In hot oil in large heavy skillet cook and stir noodles, green onions, onion, ham and pea pods until vegetables are barely tender, about 5 minutes. Add Egg Strips. Cook and stir 5 minutes longer. If desired, serve noodles with mixture of 3 tablespoons soy sauce and 1 teaspoon sherry. Makes 4 servings.

EGG STRIPS In small bowl beat 1 egg with 1 teaspoon sherry and a few grains salt. Heat 1 tablespoon oil in 6-inch skillet. Pour in egg; tilt to cover bottom. Cook until firm on underside; turn and cook until firm but not browned. Remove to cutting board. Cool slightly. Cut in 1/2-inch-wide strips.

HAM PATTIES

1-3/4 cups ground cooked ham (10 to 12 ounces)
8 tablespoons fine dry bread crumbs, divided
1 egg
1/4 cup milk
3 tablespoons pickle relish
1-1/2 teaspoons dry mustard
3 tablespoons butter or margarine

Mix well ham, 6 tablespoons crumbs, egg, milk, relish and mustard. Shape in 4 patties. Coat with remaining 2 tablespoons bread crumbs. In skillet fry patties in butter until lightly browned, turning once. Makes 4 servings.

BLENDER HAM MOUSSE

1 envelope unflavored gelatin
1 cup chicken broth or bouillon, divided
1/2 cup tomato juice
2 cups finely diced cooked ham (about 8 ounces)
2 teaspoons prepared mustard, or to taste
1 teaspoon Worcestershire
Dash of hot-pepper sauce
Salt to taste

Put gelatin and 1/4 cup broth in blender container. Let stand 1 minute. Bring remaining 3/4 cup broth to boil and pour over gelatin. Cover tight and blend 30 seconds. Add tomato juice, ham, mustard, Worcestershire and pepper sauce. Blend until smooth. Season with salt and blend again. Pour into four 6-ounce or one 3-cup mold. Chill until set, several hours or overnight. Unmold and serve as luncheon dish, sandwich spread or appetizer with crackers. Makes 4 luncheon or 10 appetizer servings.

BARBECUED PORK SANDWICHES

1 medium-size onion, chopped fine (1/3 cup)
1 large clove garlic, crushed
3 tablespoons butter or margarine
3/4 cup catsup
1/3 cup cider vinegar
1/4 to 1/3 cup packed brown sugar
1 tablespoon Worcestershire
1-1/2 teaspoons dry mustard
2 cups coarsely shredded cooked pork or beef
4 hamburger buns, slit and toasted

In large saucepan sauté onion and garlic in butter until onion is tender, stirring occasionally. Stir in catsup, vinegar, sugar, Worcestershire and mustard. Heat thoroughly. Remove 1/2 cup sauce; set aside. Stir pork into remaining sauce and heat. Fill buns with pork mixture. Heat reserved sauce. Serve with the sandwiches. Makes 4 servings.

BEER-BEAN SOUP

1 pound pea (navy) or great northern beans, rinsed and picked over
5 cups water
1 meaty ham bone or leftover ham bits
1 can (12 ounces) beer
1 large carrot, chopped
1 medium onion, chopped
1/2 cup chopped celery
1 or 2 sprigs parsley
1 teaspoon basil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic salt

Soak beans in water overnight or bring to boil; boil 2 minutes, then cover and let stand 1 hour. Add remaining ingredients, bring to boil, then cover and simmer 1-1/2 to 2 hours or until beans are tender. If using bone, remove; pull off meat and cut in bite-size pieces; return meat to soup. Adjust seasonings if necessary. Makes 12 cups.

VARIOUS MEATS AND FISH

FRIED RICE

1 cup thinly sliced celery or mushrooms
3 tablespoons oil
3 cups cold cooked rice
4 to 6 medium green onions with tops, cut in 2-inch lengths
1 cup diced or shredded cooked pork, ham or chicken
1/2 cup peas, thawed if frozen (optional)
2 tablespoons soy sauce
1/2 teaspoon sugar
2 eggs, beaten

In large skillet, wok or Dutch oven cook and stir celery in hot oil 1 to 2 minutes. Add rice. Cook, stirring to separate and coat with oil. Add onions; cook and stir 1 minute. Add pork, peas, soy sauce and sugar. Cook and stir until heated through. Add eggs; cook and stir just until set. Serve at once with, if desired, additional soy sauce. Makes 4 servings. **NOTE** Water chestnuts, bamboo shoots or bean sprouts can be substituted for or used in addition to the peas.

SWEET-SOUR SAUCE WITH MEAT

Sauce:
2 tablespoons cornstarch
1/4 cup packed brown sugar
2/3 to 1 cup syrup drained from any canned fruits
1/4 cup each water and cider vinegar
2 tablespoons soy sauce
1 cup thinly sliced celery (about 3 ribs)
1 cup diced canned fruits (pineapple, peaches or pears)
1 cup diced cooked pork, ham, chicken or turkey, meatballs or cooked shrimps
Hot cooked rice

In medium-size saucepan mix well cornstarch and brown sugar. Stir in 2/3 cup fruit syrup, water, vinegar and soy sauce. Stir over medium heat until thickened and smooth. Stir in celery and fruits. Stir in meat and heat through. (Add more fruit syrup if sauce is too thick.) Serve over rice. Makes 4 servings.

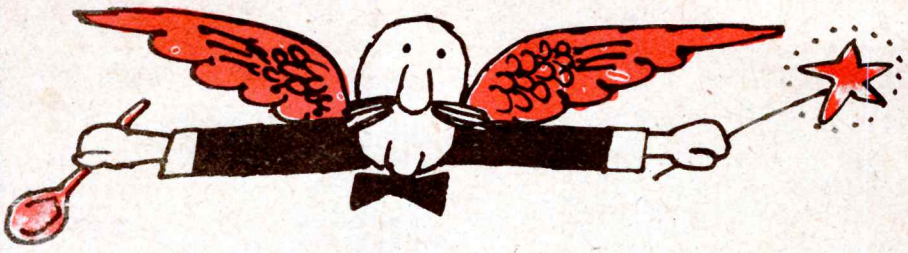
In microwave oven cook cornstarch mixture in bowl 4 minutes, stirring once. Add remaining ingredients except rice and cook until heated through.

SWEDISH POTATO DUMPLINGS
(Kroppkakor)

Delicious chilled, cut in thirds and panfried in butter or margarine until golden and crisp

Meat-Onion Filling:
1 medium onion, minced (1/3 cup)
1 tablespoon butter or margarine
1 cup minced cooked pork, beef or ham (4 ounces)
1/4 teaspoon each allspice, salt and pepper
4 quarts water
Salt
8 to 10 medium potatoes (2-1/2 pounds), cooked, peeled and cooled
Flour
2 eggs
Minced parsley
Melted butter to taste

FILLING In skillet sauté onion in 1 tablespoon butter until tender, about 5 minutes. Add meat and seasonings. Sauté and stir 2 minutes longer to blend; set aside. **DUMPLINGS** In large kettle or Dutch oven bring 4 quarts water with 1 tablespoon salt to boil. Meanwhile force potatoes through ricer, food mill or grinder and measure 5 cups into bowl. Add 1 cup flour or enough to make mixture stiff (see Note), eggs and 1 teaspoon salt; mix until well blended. Turn mixture out onto lightly floured surface and shape into 10-inch log. Cut in 1-inch slices. Make an indentation in center of each slice and fill evenly with meat-onion mixture. With lightly floured hands shape each into ball, covering filling completely. Flatten dumplings to about 2-1/2-inch patties. Drop into boiling salted water. Bring back to boil over medium heat; simmer uncovered 5 minutes after dumplings float to surface. With slotted spoon remove at once to heated platter. Sprinkle with parsley. Serve hot with melted butter. Makes 4 or 5 servings. **NOTE** To test for correct consistency, break off small piece dough and drop into boiling water. If dough holds together, proceed as above. If not, add more flour to stiffen.



INDIAN-STYLE CURRY

1/2 cup chopped green pepper (1 small)
1/2 cup chopped onion (1 medium)
1 tablespoon curry powder
1 tablespoon minced garlic
1/4 cup oil
1-1/2 cups diced cooked boneless lamb, beef or poultry
1 can (8 ounces) crushed pineapple, well drained
1/3 cup chicken, vegetable or beef broth or bouillon
1 teaspoon salt

In skillet sauté green pepper, onion, curry powder and garlic in oil until pepper is tender. Stir in remaining ingredients. Simmer 5 minutes. If desired, serve over parsley rice with chopped cucumbers and chutney. Makes 4 servings.

SWEDISH-STYLE OMELET

8 eggs
3/4 cup milk
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup finely diced peeled potato (1 large)
3/4 cup finely chopped onion (1 large)
1 tablespoon each oil and margarine
1 cup finely diced cooked ham, tongue, poultry or salami (4 ounces)

In bowl beat eggs, milk, salt and pepper until blended; set aside. In 12-inch skillet over medium heat sauté potato and onion in hot oil and margarine, stirring occasionally until potato is almost tender, about 5 minutes. Stir in ham and sauté 1 minute longer. Add egg-milk mixture. Cover and cook until eggs are set, about 8 minutes, lifting edge with spatula and tilting skillet occasionally to allow uncooked egg to run under. If desired, sprinkle with minced parsley. Serve in wedges. Makes 4 servings.

PASTA AND FISH

1 large clove garlic, split
1/2 cup butter or margarine
1/2 cup sliced green onions with tops (8 to 10 medium)
1 cup flaked boneless cooked fish
Fresh-ground pepper to taste
8 ounces pasta, cooked, drained and hot
1/4 cup grated Parmesan cheese, or to taste

In small saucepan or skillet sauté garlic in butter until lightly browned. Remove garlic; discard. In same pan sauté onions until tender; remove from heat. Add fish and pepper. Toss with pasta and cheese in large bowl. Serve immediately with, if desired, additional cheese. Makes 4 servings.

FIFTEEN-MINUTE CUTLETS

1 egg
2 tablespoons Dijon-style mustard
1 tablespoon water
2 teaspoons minced chives
4 to 6 slices (1/4 inch thick) turkey, roast beef or pork roast (about 1 pound)
1/4 cup flour
1 cup soft bread crumbs
Oil

In shallow dish beat egg, mustard, water and chives; set aside. Dredge meat slices in flour, dip in egg mixture, then coat with crumbs. In skillet quickly fry in 1/4 inch hot oil until golden on both sides, turning once. Add more oil as necessary. If desired, serve with lemon wedges. Makes 4 servings.

VEAL IN ONION GRAVY

1 large onion, sliced thin
3 tablespoons butter or margarine
2 tablespoons flour
2 tablespoons lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup chicken bouillon or broth
1-1/2 cups julienne-cut cooked boneless veal

In skillet sauté onion in butter until tender. Stir in flour, lemon juice, salt and pepper. Gradually stir in bouillon until well blended. Cook and stir until thickened. Add meat; simmer until heated through. If desired, serve over noodles or rice. Makes 4 servings.

MINTED LAMB

8 thin slices boneless cooked lamb (about 3/4 pound)
3 tablespoons lemon juice
2 tablespoons oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 cup vegetable or chicken broth
1 to 2 tablespoons mint jelly

In shallow dish marinate lamb in mixture of lemon juice, oil, salt and pepper at least 3 hours or chill overnight. Drain off marinade. In skillet bring just to boil broth and mint jelly. Add lamb; simmer gently until heated through. Serves 4.

Coming in Next Issue
LOW-COST MAIN DISHES